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What not to wear: Premier Mom edition

Kathleen Wynne defends imposing a 'professional' dress code on her staff PAGE 6

Hot-flash forward

An award-winning documentary coming to London this month aims to start a dialogue about women's mid-life health PAGE 10

SIX DEGREES OF PREPARATION

CONGRATULATIONS — YOU GOT THE DIPLOMA. NOW YOU HAVE TO GET A JOB. METRO TELLS YOU HOW TO GET YOUR GAME FACE ON AFTER GRADUATION PAGE 16

NEWS WORTH SHARING.

GOLD RUSH

Andres Gnecco was the golden idol during Sunday's Fiesta London at Covent Garden Market, posing for photos as he made his way around market plaza. The 25-year-old, manager of Elencanto Spa and Salon (242 Dundas St.), was one of the glittering attractions at the celebration of Hispanic culture. Story, page 3. MIKE DONACHIE/FOR METRO

Food trucks should cater to local market: Supporters

Movable feasting.

Proponents appeal to give London businesses first dibs as city gets ready for street food

How much will it cost?

- Licence applications will cost potential operators $1,945.
- Under the first proposal, the city would have charged $959, but the increase is needed to cover enforcement costs, administrators say.

MIKE DONACHIE
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Downtown food trucks are back on the menu for London, but advocates insist they should serve up benefits for local businesses.

The pilot program that stirred controversy last month, and was criticized as too limited in the number of trucks and sites allowed, is back before a council committee on Monday in a new form.

This time, the pilot won't set locations or truck numbers in advance. Instead, it will consider each proposal on its merits, with advice from a panel of local food-industry experts, expected to come from Fanshawe College and other institutions.

Michelle Navackas, manager of the Western Fair Farmers Market, said ideas for roadside offerings include pulled pork, fresh fish and even a menu built around the Paleo diet.

Navackas, who also works for Fire Roasted Coffee, said the company "would be silly not to" get involved in the food-trucks initiative.

She welcomes the changes to the initial plan, which she said was "too restrictive," and is pleased that the new pilot will be open to all.

But she expressed concern about "corporate trucks" having "carte blanche" and using their bigger budgets to dominate.

Her research into other cities — notably, Brookline, Mass. — revealed that a points system can be used to reward innovation and a local focus, and to "allow local volunteers to get ahead."

Brian Blatnicki, a London marketing consultant who describes himself as a "supporter of local and sustainable food," agreed. He is calling for a scoring system that would see smaller businesses given an advantage over larger chain restaurants.

He suggested extra points could be awarded to applicants who are local independent businesses, have menus with variety and use local ingredients and a degree of culinary innovation.

"I understand that it's a little late in the game because it's a pilot, but I think that's something we could look at down the line," he said. "I can foresee some of the bigger chains who have larger budgets putting these trucks on the road and applying for licences."

Full council is expected to weigh in on the pilot on Tuesday.

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NEW!
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HARVEST CRUNCH
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Ombudsman review

Three London councillors to seek legal advice over Billy T's meeting probe

Three city councillors are requesting that taxpayers foot the bill for legal advice tied to the Ontario ombudsman's review of an alleged illegal meeting in February.

Couns. Stephen Orser, Bud Polhill and Sandy White will make their requests formal during a special meeting of council's corporate services committee on Tuesday.

Each of the councillors say they plan to speak with a lawyer before being interviewed for a second time by a member of ombudsman Andre Marin's team.

They were among seven councillors, including mayor Joe Fontana, who shared a meal together at Billy T's Tap and Grill days before the 2013 city budget was approved.

Politicians have said the gathering was not a planned meeting and that the budget was not discussed.

The ombudsman's office started investigating after fielding 60 complaints — the highest number Marin's office has received since it began dealing with closed-door municipal meetings in 2008.

The ombudsman rapped city councillors last year for a similar luncheon gathering hours before a final budget vote.

While the meeting didn't violate the Municipal Act, it was ill-advised, Marin said after an investigation.

ANGELA MULLINS/METRO

Tears running down his face, Leefer Davidson, 35, of London, takes a breather Sunday during the taco-eating contest at Fiesta London. Davidson won the contest, downing five tacos filled with blistering hot sauce faster than the other competitors. MIKE DONACHIE/FOR METRO

Tears of joy, pain for taco heroes

Fiesta London. Winner 'trained' with tequila before contest commenced

MIKE DONACHIE
london@metronews.ca

There were tears of joy — and even more tears of pain — downtown on Sunday as a crowd went wild for 10 brave souls at Fiesta London.

They stepped up for a taco-eating contest and, with agony etched on their pink, puffy faces, munched through 50 of the spiciest snacks around.

Heart burning, record breaking

"It's exciting that so many people came today. We believe we are breaking records for attendance."

George Perez, Fiesta London chair

The daunting challenge was served up with the help of Mucho Burrito, and owner Jose Silva announced to the crowd, "These guys are going to have the hottest tacos in town.... We'll see how much they can handle."

With a prize of $300 in cash, plus a $100 gift card for the Wellington Road restaurant, on the table, the courageous 10 started with plenty of enthusiasm, aiming to be the first to finish five thermonuclear tacos each.

Contestant Sarah Escott went in with a plan.

"The faster you eat, the less full you get. I'm going to go as fast as I can," she said. "I'm going to be the biggest pig up there."

Sadly, Escott's tower of tacos was too much for her.

She and the others were simply outclassed by taco champion Leefer Davidson, a 35-year-old construction worker who lives in London.

"I feel great, man," Davidson said seconds after finishing his last bite.

Five minutes after that, he admitted: "My intestinal tract — it's burning up."

Davidson decided to toss his name in the taco-eating hat at the last minute. He and a friend "trained" by having a few tequilas before the contest.

The other events at the celebration of Hispanic culture, marking its fourth year, included a chihuahua parade, a talent show and colourful dancing.

Davidson was last seen looking for some Pepto-Bismol.

Woman, dogs followed. Cops issue coyote alert

Police are warning people to be on the lookout for coyotes after a woman and her dogs were tracked by two of the animals Sunday in west London.

The woman was walking through a wooded area just north of Kains Road near Riverbend Road about 8:30 a.m. when a growling coyote started following her, police said.

After the coyote started barking, a second one appeared.

Both followed the woman for a good distance before she — along with her German shepherd and Labrador retriever — made it out of the woods.

The coyotes came within two metres of the woman and her dogs, police said.

METRO

Armed-robbery charges

Trio turn themselves in

Three suspects in a March 30 knifepoint robbery have turned themselves in to police.

Police have said the trio got off an Adelaide Street bus at Dundas and approached two men, demanding cash and cellphones. One of the victims was punched in the face during the incident. METRO

Steven Wang. Police looking for missing man

London police are asking for the public's help in finding a 36-year-old man.

Steven Wang, who lives in Vancouver, came to London in May to visit family and friends. He was reported missing after failing to show up as planned at a family member's house Thursday.

Anyone with information should call police at 519-661-5670. METRO

Steven Wang COURTESY LONDON POLICE

Danijel Markovic, 24, head chef at Kantina restaurant, mixes it up Sunday with some liquid nitrogen in the eatery's kitchen. Markovic says his ability and passion for experimenting with food gives him a leg up in a nationwide culinary competition. KEVIN HURREN/FOR METRO

London chef looking to cook up a win in competition

He's got the chops. Kantina's young head chef is focused on experience, not age, as he heads into semifinals of culinary contest

KEVIN HURREN
london@metronews.ca

After slicing and dicing the competition, one London chef is another step closer to becoming Canada's newest culinary discovery.

Danijel Markovic, head chef at London's Kantina restaurant, won the preliminary stage of the Discovered Culinary Competition in Toronto. Now, Markovic is sharpening his knives for the semifinals next month.

"I was both nervous and excited," said Markovic, who is still replaying the competition's first round in his head several days after the win. "I can't stop thinking about what I could have done more in those two hours."

Whatever he did, it worked.

Markovic beat out chefs from Toronto and Oakville in a timed, mystery-ingredient-themed cooking challenge similar to the Food Network's Chopped.

At only 24 years old, Markovic is one of the younger chefs in the running. But, he said, don't expect his age to slow him down.

"You put all the guys in one kitchen and everybody is the same," he said. "It's not about age. It's about what you can do in that time."

Markovic received training from the Hotel Hyatt Regency in Serbia's capital city of Belgrade. He has also participated in competitions there, which has given the young chef a wider vocabulary, if you will, with his food.

"More experience working with different ingredients lets you start differently than somebody who doesn't have experience," said Markovic. "As long as you're experimenting with food, playing with people's minds" you stay fresh.

The winner of the Discovered Culinary Competition will receive an all-expenses-paid trip to cook for a week at one of the best restaurants Spain has to offer.

How it works

- Right now, 15 chefs from across the country stand in Danijel Markovic's way of being crowned winner of the Discovered Culinary Competition, designed to find Canada's best up-and-coming culinary masters.
- The semifinals will be two days' worth of cooking starting July 13.
- From there, four finalists will be chosen with a winner named July 22.

OPP launch criminal probe into deleted emails about cancelled gas plants

The Ontario Provincial Police has launched a criminal investigation into the destruction of emails about the costly cancellation of two gas plants by senior Liberal staff.

The Criminal Investigation Services will probe Tory complaints about "alleged impropriety" by former top staffers, said OPP Commissioner Chris Lewis.

"We're conducting a criminal investigation, so if there's no criminal charges, we'll be out of there," Lewis said. "If a criminal act did occur, then we'll try to prove who did it and lay charges accordingly."

The probe comes in the wake of a scathing report by the province's privacy watchdog that found top Liberals broke the law by deleting emails on the cancelled gas plants in Oakville and Mississauga.

The opposition parties say the emails were wiped out to try to cover up the true costs of cancelling the gas plants, which has grown to well above the $230 million the government had claimed.

The NDP are pushing to hear from several senior Liberals whose email accounts were deleted, including Craig MacLennan, former chief of staff to the then-energy minister Chris Bentley, a London West MPP at the time. THE CANADIAN PRESS

Price tag

$585M

Estimated cost of cancelling gas plants in Oakville and Mississauga.

Honorary degree

King's to recognize a Sister of St. Joseph

Students won't be the only ones honoured at the King's University College graduation on Tuesday.

Sister Margo Ritchie, from the Sisters of St. Joseph, will receive an honorary degree from King's after addressing the 2013 graduating class.

The Sisters of St. Joseph have a long-standing relationship with King's, supporting initiatives like the Religious Life Lecture Series and campus renovations. METRO

Collaboration. Researcher teams up with filmmaker for look at northern life

The struggles of northern indigenous communities are spotlighted in a new documentary being unveiled Monday in London.

The documentary, called Gifts from the Elders, comes from a collaboration between Western University indigenous health researcher Chantelle Richmond and Emmy Award-winning filmmaker James Fortier.

Following five Anishinabe youth on a summer project with their elders, the film highlights the way indigenous communities of the past were able to use the land to live a healthy lifestyle. With industrial activity impeding on the indigenous land, the community's health is now at risk, experts say.

The project began after Richmond travelled along the north shore of Lake Superior, discussing industrial development with Anishinabe elders.

The film screening will be at 6:45 p.m. in the Wolf Performance Hall at London's Central Library.

It will be released to a wider audience this fall.

KEVIN HURREN/FOR METRO

South Africa prays for 'father of nation'

Nelson Mandela.
Anti-apartheid leader battles grave infection; in serious condition

Former South African president Nelson Mandela's granddaughter Ndileka Mandela, left, and daughter Makaziwe Mandela leave the Mediclinic Herat Hospital in Pretoria on Sunday. GETTY IMAGES

Nelson Mandela received visits from family members on Sunday at a hospital where the former president and anti-apartheid leader was being treated for a recurring lung infection, while South Africans expressed their appreciation for a man widely regarded as the father of the nation.

There was no official update on 94-year-old Mandela after his second night in the hospital. His condition was described as "serious but stable" on Saturday.

The office of President Jacob Zuma had said that Mandela was taken to a Pretoria hospital after his condition deteriorated at around 1:30 a.m. on Saturday.

The anti-apartheid leader has now been taken to a hospital four times since December, with the last discharge coming on April 6 after doctors diagnosed him with pneumonia and drained fluid from his lung area.

Mandela was freed in 1990 after 27 years as a prisoner of white racist rule and won election to the presidency in all-race elections in 1994. He retired from public life years ago and had received medical care at his Johannesburg home until his latest transfer to a hospital. THE ASSOCIATED PRESS

Alleged abuse

Ex-residents of orphanage seek class action

Former residents of a Halifax orphanage who claim they suffered years of abuse and neglect at the hands of their caregivers will take their case against the Nova Scotia government to court Monday. THE CANADIAN PRESS

First Nations

Consensus beats confrontation, says Valcourt

Bernard Valcourt, federal minister of aboriginal affairs, says he understands why First Nations youth are rebelling, but says he senses more consensus with federal policies than confrontation. THE CANADIAN PRESS

Montreal

Kosher eateries targeted in fire bombings

A kosher restaurant in Montreal has been the target of a firebombing for the second time in three nights. No one was injured. A nearby residence was targeted a night earlier. THE CANADIAN PRESS

Canada celebrates decade of same-sex marriage

Ten years ago, their unprecedented wedding stood for hope, equality and inclusion.

A decade later, Michael Leshner and Michael Stark — Canada's first legally married same-sex couple — believe the battle to have their union recognized by the courts has made it easier for today's lesbian, gay, bisexual and transgender Canadians to feel accepted.

"Once you have marriage you have full equality. That was won that day," said Leshner.

The pair's quick civil ceremony in Toronto came just hours after Ontario's Court of Appeal pronounced the Canadian law on traditional marriage unconstitutional on June 10, 2003.

While Ontario was the first to legally recognize same-sex marriage, many other provinces followed soon after. Two years later, the federal government legalized same-sex marriage countrywide with the gender-neutral Civil Marriage Act. THE CANADIAN PRESS

Michael Stark, left, and Michael Leshner. THE CANADIAN PRESS FILE

Verizon story source outed at his own request

The Guardian. Ex-CIA employee Edward Snowden said his motive was to 'inform the public'; NSA seeks criminal investigation

A former CIA employee and National Security Agency contractor is the source of The Guardian's disclosures about the U.S. government's secret surveillance programs, the British newspaper reported Sunday.

The leaks have reopened a debate about privacy concerns versus heightened measures to protect against terrorist attacks, and led America's NSA to ask for a criminal investigation.

The Guardian said it was publishing the identity of Edward Snowden, 29, a former technical assistant for the CIA and current employee of defence contractor Booz Allen Hamilton, at his own request.

"My sole motive is to inform the public as to that which is done in their name and that which is done against them," said Snowden.

The NSA has been collecting the phone records of hundreds of millions of Americans.

U.S. President Barack Obama has said the programs have been authorized by Congress and are subject to supervision.

"What I can say is that in evaluating these programs, they make a difference in our capacity to anticipate and prevent possible terrorist activity," said Obama.

Snowden told the newspaper he was disappointed that Obama did not rein in the surveillance programs.

THE ASSOCIATED PRESS

His background

Edward Snowden said that he lacked a high school diploma and enlisted in the U.S. Army until he was discharged with broken legs after a training mission.

- After leaving the army, he got his foot in the door with the NSA working at a covert facility at the University of Maryland, working as a security guard.
- He then worked for the CIA in information technology. By 2007 he was stationed in Geneva, Switzerland, where he had access to classified documents.

Muslim voices against extremism & terror

Haleema Sadia, of Burlington, holds up a Canadian flag during an anti-terrorism demonstration at Queen's Park on Sunday. The demonstration was over what Progressive Muslims Institute Canada says is "growing Islamic extremism and terror-related incidences in context of the British soldier killing in the U.K., Boston Marathon bombing and Canadian terror cases." The group promotes progressive and secular values among Muslims.

BERNARD WEIL/TORSTAR NEWS SERVICE

Journalism. U.S. state snooping story prompts debate on source protection

A scandal over state snooping on journalists in the United States is prompting media-watchers to consider new techniques to protect sources.

Anonymity of sources is considered sacrosanct among journalists and essential to their safety, reputation, and ability to act as public whistle-blowers.

But journalists are lagging behind when it comes to protecting sources in the digital era, critics say.

"There is a general lack of awareness (among journalists) about what ubiquitous surveillance looks like," said Jonathan Stray, who teaches at Columbia University. Everything from the websites you visit, the calls you make, and even your phone location are logged somewhere, Stray said.

The same applies to reporters. Whistle-blowers are at particular risk. A week ago, The New Yorker unveiled Strongbox — a secure way for people to leak information to them. Files sent through Strongbox are encrypted and only two reporters have access to them. The New Yorker is one of the only media outlets using such a system.

THE CANADIAN PRESS

The Globe's editor John Stackhouse defended the paper's use of anonymous sources for a story on Mayor Rob Ford's family. SCREENGRAB/THEGLOBEANDMAIL.COM

Decorum. 'Premier Mom' says she's not becoming Premier Schoolmarm with dress code for staff

Kathleen Wynne says she's not being Premier Schoolmarm by imposing a dress code on her staff.

Wynne's office has prohibited booty shorts, muscle shirts, halter tops, spaghetti straps, miniskirts and ripped jeans as summer office attire.

"There's always been a dress code," the premier said Sunday at the Portugal Day parade on Dundas Street West.

Her comments came after the Star revealed a memo was sent to all Liberal aides reminding them of proper decorum at Queen's Park.

"I just think it's good for people to know what we share as a common understanding of how we should dress. It's a professional environment and I just want to make sure that everybody understands what that means," Wynne said.

Still, the 60-year-old premier conceded that in her younger and more rebellious years, she went to the barricades for fashion rights.

"There are people who taught me in high school who will be laughing because my first political action was to say women should be able to wear pants to school," she said.

"I know dressing norms change, but whatever point in time we have to have some kind of agreement about what's professional."

The memo to Liberal aides from Emily Marangoni, Wynne's deputy director of human resources, came as summer political interns are descending en masse to Queen's Park.

"Tank tops, muscle shirts, camisoles, halter tops, spaghetti straps and crop tops are not permitted. No bare shoulders. Bare midriffs as a result of low-ride pants or crop tops are not permitted," wrote Marangoni.

TORSTAR NEWS SERVICE

Canadian military

Sexual harassment survey results coming in the fall

Results of an anonymous survey to be released in the fall by National Defence will shed more light on the extent of military sexual assault, including what has been called the silent crime of male-on-male rape.

Almost 68,000 troops, 86 per cent of them men, were asked last year to voluntarily complete the Canadian Forces Workplace Harassment Survey. It asks their gender, years of service and rank, along with 100 questions ranging from personal harassment to whether they've been raped.

It's the first such survey since 1998. Results could provide valuable insight into the extent of sexual violence in the Canadian military — an issue that former soldiers and others say is rarely reported.

The extent to which men are sexually assaulted by other men is even more cloaked in silence, they say.

THE CANADIAN PRESS

Taser death at airport

Mountie stands trial on perjury charge

The first of four RCMP officers involved in the death of Polish immigrant Robert Dziekanski, who died after he was stunned with a Taser at Vancouver's airport, stands trial beginning Monday on charges of perjury related to a public inquiry into the case.

Const. Bill Bentley was among four officers who confronted Dziekanski in October 2007, stunning him multiple times with a Taser within seconds of arriving to a call about a man throwing furniture. Dziekanski died on the airport floor.

The fatal confrontation fuelled a national debate about the safety of Tasers, prompting a public inquiry in B.C. that forced Bentley and the other three officers to account for why they used so much force on a man who appeared calm when cops arrived. THE CANADIAN PRESS

Turkish demonstrators burn flares this weekend during a protest on Gundogdu Square in Izmir. Turkey's prime minister launched a verbal attack Sunday on the protesters. OZAN KOSEOZAN KOSE/AFP-GETTY IMAGES

Turkish PM's taunts bring more protesters to streets

After the speech.
Tens of thousands pack into Taksim Square; thousands more flood Ankara's central square

In a series of increasingly belligerent speeches to cheering supporters Sunday, Turkey's prime minister launched a verbal attack on the tens of thousands of anti-government protesters who flooded the streets for a 10th day, accusing them of creating an environment of terror.

Recep Tayyip Erdogan made the most inflammatory of his speeches as he arrived in the capital, Ankara. Erdogan belittled the protesters, again calling them "capulcu," the Turkish word for looters or vandals. He made his speech in Ankara on an open-top bus, which then drove into the city in a motorcade.

Anti-government protesters have turned Erdogan's label of them as "capulcu" into mocking slogans, printing stickers with the word, scrawling it on their tents and uploading music videos onto social-network sites.

THE ASSOCIATED PRESS

China. Nobel laureate's wife calls brother's jailing vendetta against family

A court sentenced the brother-in-law of China's imprisoned Nobel Peace Prize winner Liu Xiaobo to 11 years in prison Sunday — an unusually harsh punishment for a business dispute that Xiaobo's wife immediately decried as a vendetta against the whole family.

The court in suburban Beijing found Liu Hui guilty of fraud in a real-estate dispute and issued the sentence after a brief hearing.

Liu Xia, the defendant's sister and the Nobel laureate's wife who is herself under house arrest but who was allowed to attend the trial, wept as she briefly stood and spoke to reporters outside a car that was bringing her home from the hearing.

Family members and their supporters have said the prosecution of Liu Hui is meant as further punishment of the Nobel laureate's family and is intended to intimidate other political activists.

Lawyers for the brother said he and another business partner were accused of pocketing three million yuan (about $500,000) that was claimed by another party to the transaction. According to the lawyers, the money has since been returned, and police after first investigating the case last fall dropped it and then revived the charges early this year.

Liu Xia, wife of imprisoned Nobel Peace Prize winner Liu Xiaobo. ALEXANDER F. YUAN/THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

Accused terrorist

Harkat can have cellphone: Feds

The federal government says it will allow an Ottawa man accused of terrorist ties to have a cellphone but balks at giving Mohamed Harkat access to the Internet or removing his electronic tracking bracelet.

The government says it is also open to dropping a requirement that Harkat, 44, get prior approval before travelling out of town. The concessions fall short of the full list of freedoms Harkat will seek Tuesday during a one-day Federal Court hearing.

THE CANADIAN PRESS

Quoted

"I feel dehumanized and degraded on a daily basis."

Mohamed Harkat, an Ottawa man arrested on suspicion of being an al-Qaida sleeper agent.

App helps shoppers fight Venezuela's food shortages

Crowdsourcing. Users can let one another know where to find basics such as flour, milk, cooking oil

A mobile application called Abasteceme, or Supply Me, has taken off in food shortage-plagued Venezuela. It relies on users to notify one another about where certain sought-after items can be purchased. ABASTECEME.COM

Harried Venezuelans who devote hours scouring supermarkets for increasingly scarce food basics and toilet paper have just received some digital help thanks to a young software developer.

A free application for mobile devices written by Jose Augusto Montiel lets people notify one another where flour, sugar, milk, cooking oil and toilet paper are for sale. It has been downloaded more than 12,000 times.

Abasteceme, or Supply Me, is Android-based and relies on Google Maps for geolocation. It leverages what is known in the tech world as crowdsourcing with users notifying one another where a certain product is for sale.

Basic items such as wheat flour and butter have gone missing on store shelves throughout Venezuela. Economists blame government-imposed price control, while President Nicolas Maduro says greedy merchants are hoarding goods.

"From what I've seen so far it's mostly toilet paper, followed by flour," Montiel said about what gets posted most.

The 21-year-old chemical engineering student in the western city of Maracaibo said most of Abasteceme's users were in Caracas when he first made the app available on the Google Play website on May 29. "But now it has spread all over the country," he said.

He said it's been overwhelming keeping the server that hosts the application from crashing and attending to users, who he says are clamouring for him to include more products.

Montiel said he also deletes a lot of entries when people notify him that supplies of a certain product have sold out. THE ASSOCIATED PRESS

Lean operation

- Developer Jose Augusto Montiel, a 21-year-old chemical engineering student, said he has no help beyond a sister who assists with the program's esthetics.
- "I'm also working to develop it for the BlackBerry as a lot of people have them in Venezuela," he said.
- He said he wants to work on an iPhone version but can't afford a Mac to do that. He said he's earning just enough to cover costs.

Mashantucket, Conn.

Casino waitresses resist toeing the line on high heels

Cheryl Haase has been serving cocktails for more than two decades, and the 52-year-old waitress says she has a list of foot ailments to prove it.

The miles she has walked carrying trays of drinks through the Foxwoods Resort Casino in high heels have sent her over the years to chiropractors and podiatrists for injections to treat inflammation.

Now she and a union representing her fellow cocktail waitresses at the U.S.'s largest casino are fighting for the servers to wear shoes of their own choosing. Many have worked at the casino since it opened in 1992, and some see proposed new requirements as a bid to push them out and make way for younger workers.

"Most of us girls have been here for 20 years, 15 years. This job has really done a number on our feet and they know it," Haase said. THE ASSOCIATED PRESS

Flexible firms let employees buy, sell vacation time

Nora Kouba, an employee at USG Corp., sits at her work station in Chicago on June 3. Over the years, Kouba has made use of a benefit offered by USG that allows workers to buy and sell vacation time, a perk that gives employees more flexibility in managing their time off. M. SPENCER GREEN/THE ASSOCIATED PRESS

Want more time off work to hang out at the beach? Need a little cash and have vacation days to spare?

Some U.S. companies are allowing their workers to buy and sell vacation time, a perk that gives workers more flexibility in managing their time off.

The novel approach might help employees buy some extra days off to take the trip of a lifetime or spend more time with a newborn. Co-workers could sell off unused days to get some extra money.

Quoted

"I loved having the extra week when I needed it, and now I like having the extra money."

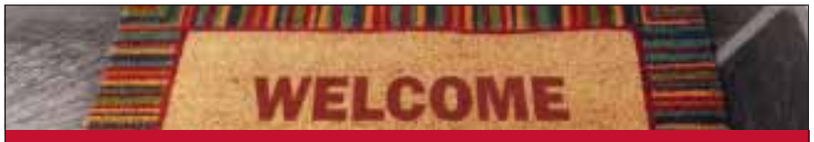
Nora Kouba, an employee at construction-materials giant USG Corp.

"When times are a little tight, this benefit really doesn't cost a lot of extra money to employers to provide," said Julie Stich, research director for the International Foundation of Employee Benefit Plans. "It's offered by more forward-thinking or flexible-type employers."

A soon-to-be released survey by the Society for Human Resource Management found that nine per cent of employers allowed workers to cash out unused vacation time. Five per cent let employees purchase additional vacation days through a payroll deduction. An additional seven per cent allowed employees to donate vacation time to a general pool that can be used by other workers.

Nora Kouba, who manages company cars at construction-materials giant USG Corp. in Chicago, said she used to buy an extra week off to care for her kids or take long summer vacations with the family. But these days, she tends to sell her excess vacation time.

"I loved having the extra week when I needed it, and now I like having the extra money," Kouba said. THE ASSOCIATED PRESS



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iRadio music service, iOS update expected at Apple conference

San Francisco. New look for iPhones, iPads could be most radical design change to mobile software since 2007

Apple is expected to reveal a digital radio service and changes to the software behind iPhones and iPads on Monday as the company opens its annual conference for software developers.

Apple hasn't said what it will unveil at the Worldwide Developers Conference in San Francisco. But the major announcements are expected during Monday's keynote presentation. Last year, Apple used the conference to announce its own mapping service, better integration with social networks and improvements to virtual assistant Siri. It also announced thinner MacBooks with high-resolution screens. The conference runs through Friday.

This year, Apple is expected to show off a simplified look on iPhones and iPads. If the speculation is correct, it would be the most radical design change since the iPhone made its debut in 2007, showing consumers that phones could do much more than make calls and exchange messages.

This week's event comes at an important time for Apple. The company's stock price has fallen amid concerns that another breakthrough product isn't imminent. Although CEO Tim Cook has said people shouldn't expect new products until the fall, Apple is likely to preview how future products will function in its unveiling of new services and features.

Monday's highlight is expected to be an updated version of iOS, the software that runs iPhones, iPads and iPod Touches. It will be called iOS 7 and will come with new devices expected to go on sale this fall. Owners of recent models such as last fall's iPhone 5 will likely be eligible for free upgrades.

THE ASSOCIATED PRESS

iRadio

- Observers think Apple will debut a music-streaming service dubbed iRadio, and that it will be most similar to Pandora, an advertising-supported service that plays songs at random within certain genres for free.
- However, the Apple service is expected to feature a seamless way for listeners to purchase songs through iTunes.

Skirting the issue

Swedish train driver Martin Akersten poses wearing a skirt in Stockholm on May 31. Akersten says he and more than a dozen other drivers and conductors in the Swedish capital have started wearing skirts in the summer as a protest against train company Arriva's uniform policy, which doesn't allow shorts. An Arriva spokesman says the company wants its staff to look "nice and proper," but can't stop men from wearing "women's clothes" if that's what they want because it would be discrimination. KIM JENSEN/THE ASSOCIATED PRESS

Livestock

Federal agency stops investigating deadly anthrax

Canada's food regulator is no longer getting involved in cases of anthrax, a disease that can kill cattle, bison, other grazing animals and, in rare cases, people.

The Canadian Food Inspection Agency says it will no longer investigate and quarantine anthrax-infected farms, collect samples for testing, vaccinate livestock or oversee and help pay for the cost of disposing animals that die of the disease.

New rules that went into effect this spring say livestock producers, with the help of private veterinarians, are expected to take responsibility for preventing and dealing with anthrax.

Anthrax is caused by naturally occurring bacteria in spores in soil. The spores can become active during hot weather that follows heavy rains or flooding. Animals that ingest the spores can get sick and die very quickly. THE CANADIAN PRESS

MENOPAUSE MEETS ITS MATCH

URBAN COMPASS

Todd Devlin
london@metronews.ca

Menopause Chicks is bringing an award-winning documentary to London this month, and if you have a vagina, or know someone with a vagina, it's a must-see.

Those aren't my words, for the record. It's the official tag line for Hot Flash Havoc, that "reveals fact vs. fiction" about menopause (and peri-menopause). It also discusses health care options for women — including the somewhat controversial hormone replacement therapy — all in a light-hearted and funny way.

Thanks to Shirley Weir, Londoners will have a chance to not only watch the film June 19 at Aeolian Hall, but also participate in a question-and-answer session with three local mid-life health experts (a medical doctor, a naturopath and a sexologist).

Weir is the brains behind Menopause Chicks, a website that aims to "crack open" the conversation about mid-life health and provide a bevy of information to help women navigate the symptoms of menopause and peri-menopause, described as the two to 15 years leading up to menopause.

The project was born out of Weir's frustrating experiences during peri-menopause, which left the Port Moody, B.C., native exhausted, scared and looking for answers. Now 46, Weir began noticing symptoms in her late-30s.

"I started waking up at 3 a.m. every single day and couldn't sleep," she said. "Severe brain fog, weight gain, mood swings, depression and anxiety all followed, and I was juggling these symptoms while trying to raise two small children, manage my own marketing business and take care of my aging mother."

After failed trips to her doctor — during which she was dismissed as being "too young" to be experiencing menopause — Weir spent loads of money in the bookstore and in the vitamin aisle with no true plan.

She also found herself on "Dr. Google," where she was "completely overwhelmed" by the amount of information, which often conflicted with other information.

Weir says she's hoping to make the process easier for others.

"No one talks about it, so you end up feeling really alone," she said. "There's a serious lack of conversation, even though it's one of the most natural occurrences facing women. We should be ensuring that women feel empowered to have the conversations, to ask the right questions and to become their own best health advocates."

It's never too early to take charge, Weir said.

There is no "get-out-of-jail-free" card when it comes to menopause, and, the truth is, hormone levels begin to shift as early as one's 20s. That's why the founder of Menopause Chicks is hoping to tap into the younger demographic and spread her message that preparation is key.

"Laying a foundation now is what will ensure vitality in your later years," she said. "If you plan on having a family, if you plan on living to 100, if you plan on living a disease-free life, the time to pay attention to hormone balance is now."

Her advice is to not postpone exercise, eating well, yoga or meditation — and, of course, to get informed. In other words, attending this month's Menopause Chicks event would be a good start.

Visit menopausechicks.com.

Follow Todd Devlin on Twitter @UrbanCompassLdn

ZOOM

Some bodies stuck

Butt I can't see anything in here

PAULO DUARTE/THE ASSOCIATED PRESS

Performers present the Bodies in Urban Spaces project from Austrian artist Willi Dorner, not seen, at the Serralves Museum in Porto, Portugal, Sunday.

Party at Serralves is a contemporary art festival that hosts more than 200 events simultaneously on a non-stop 40-hour period, in the Gardens and in the Serralves Museum of Contemporary Art.

THE ASSOCIATED PRESS

Non-stop for 40 hours

- The exhibits are comprised of music, dance, theatre, circus, cinema, photography, exhibitions and workshops that light up the weekend.
- The party starts Saturday at 8 a.m. and goes until Sunday at midnight.

Shutter happy. Father's photography inspired by son's leukemia battle

News worth sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate people, inspiring projects and stories worth celebrating. Here's just one:

A picture may be worth a thousand words, but to Ron DenHollander it can mean so much more.

The professional photographer has spent the past six years taking photos pro-bono for local charities, helping them document events and fundraisers.

It all started in 2005 after his son, Andrew, was diagnosed with leukemia, the beginning of an understandably difficult time for the family. But today Andrew is cancer-free — and his father was inspired to give back to the community that was so supportive.

Noting that many events run by cancer charities weren't being documented in photographs, DenHollander decided to use his expertise to help out.

He now donates his time and services to several organizations, including the Canadian Cancer Society and Run for the Cure — and says he gets all the payment he needs.

"I'm not doing this for recognition or profit," says DenHollander.

"I'm doing it to see a child smile as their picture is taken."

CRAIG AND MARC KIELBURGER

Craig and Marc Kielburger are founders of the international charity and educational partner Free The Children. Email them for more information and to get involved. Send your stories to goodnews@metowe.com and we'll share them right here.

Twitter

@metropicks asked: An adult candy maker created breast milk-flavoured lollipops. What's your initial reaction?

@Mairi_Mackenzie: yuck! why bother? Men are not breast feeding infants.

@TerryToll: What are these perves going to call them... 'Pornopops'?

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

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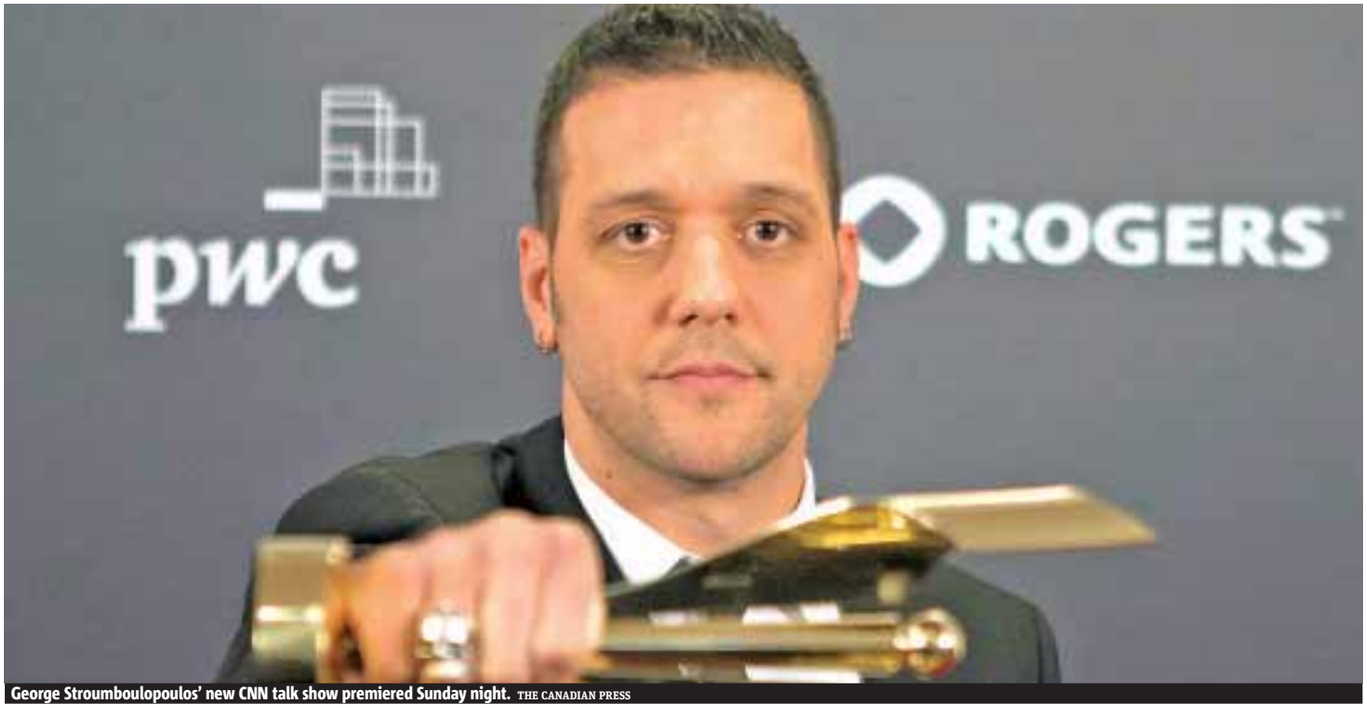


George Stroumboulopoulos' new CNN talk show premiered Sunday night. THE CANADIAN PRESS

Strombo brings style to CNN

Network sea change. New mandate and management has the purveyor of American news looking to branch out into new territory

It's a safe bet that George Stroumboulopoulos will be the first male CNN personality to wear two earrings and a skull ring from a designer who made one for Keith Richards.

Stroumboulopoulos, whose new nighttime talk show premiered Sunday, is more curious than dangerous, though.

The show gets a solid time slot for its debut, airing after the season finale of Anthony Bourdain's successful Parts Unknown. Then it will settle into a regular spot on Fridays at 11 p.m. Eastern for the summer and, if things go well, maybe beyond.

This is part of CNN's attempt to branch out beyond news programming at certain times, represented most prominently by Bourdain's show. The effort started before the arrival of new network boss Jeff Zucker — Stroumboulopoulos had his first contact with the network last summer before Zucker arrived — but the enthusiasm continued with the change in management.

Stroumboulopoulos already hosts a nightly talk show on the CBC, where his friendly style seems to encourage celebrities to open up.

"I hope that people pick up something new about the person I'm interviewing and find out a way to relate to them," he said. "I want them to find a connection."

For CNN, the show represents an old style for a new generation. Stroumboulopoulos, 40, said his interest in politics was fuelled less by politicians than by listening to the Clash and Public Enemy. He's eager to interview Snoop Lion, the former Snoop Dogg, on his show because he considers him such an important figure in hip-hop.

Rap artist Wiz Khalifa, comic Martin Short and actor Keanu Reeves were the guests on his first show.

Other confirmed interviews for the show's 10-week run include Betty White, Bill Maher, Sharon Stone and filmmaker Werner Herzog.

The show will tape before a studio audience in Los Angeles. Stroumboulopoulos said he's not gunning for the job of CNN's other general interview program, Piers Morgan, and said he likes the way Morgan conducts interviews.

For the moment, he'll fit the CNN show in with a schedule that includes the CBC show (which airs twice in the evening) and a weekly music and talk program he does for a CBS radio station.

"This is what I do," he said. "I don't even have any dependents in my life. I don't even have a plant."

THE CANADIAN PRESS

Archie film in works

Betting on the big screen. The iconic comic characters are poised to get a real-life makeover

Archie's old Riverdale gang is headed to the big screen.

Warner Bros. will produce a live-action film based on the comic's characters, including Archie, Betty, Veronica and Jughead, Archie Comics announced.

It will be the first feature film for the 72-year-old comic.

Directing will be Jason Moore, who helmed the 2012 high school musical comedy Pitch Perfect. Glee writer Roberto Aguirre-Sacasa is penning the script.

In an interview Thursday, Aguirre-Sacasa said the present-day film will be "a quintessential teen movie."

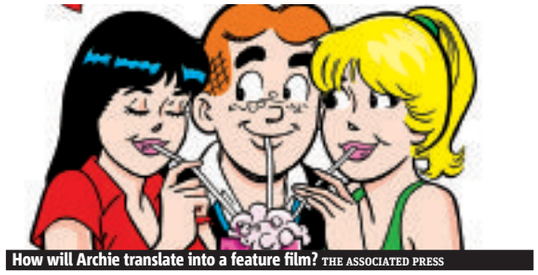
"The idea for this is to capture a very truthful, authentic coming-of-age story with these kids that includes heartache, that includes pain, that will obviously temper the fun and the hijinks," said Aguirre-Sacasa.

"It's going to be a fun — hopefully — summer movie, but we're not shying away from the truth and the awkwardness and the growing pains of being a teenager."

The Archie comics have previously spawned several animated TV series since the 1960s. In 1990, NBC aired the TV film Archie: To Riverdale and Back Again.

"There are parts of the story that I think people will be surprised how dark and real it gets," says Aguirre-Sacasa.

THE ASSOCIATED PRESS


How will Archie translate into a feature film? THE ASSOCIATED PRESS

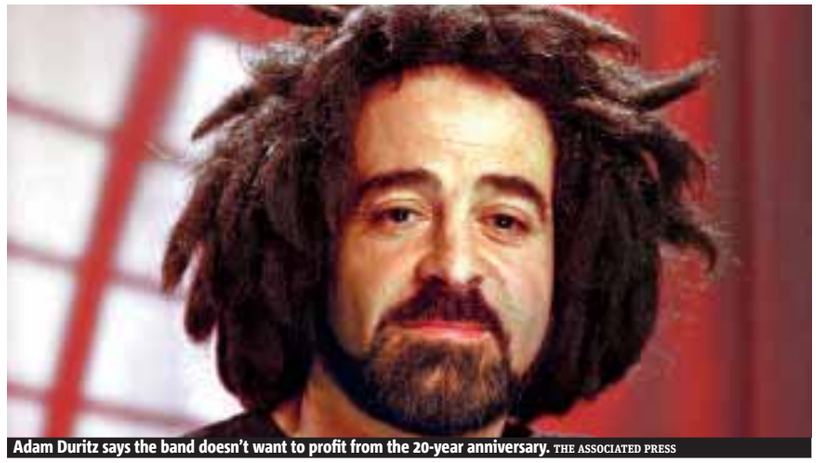
Aquirre-Sacasa's weird past with Archie

Aguirre-Sacasa has an interesting history with Archie Comics. One of his first plays, originally titled Archie's Weird Fantasy, was about Archie coming out of the closet. After legal action was threatened, the Atlanta production was changed to Weird Comic Book Fantasy with the characters' names changed. Aguirre-Sacasa is now on better terms with Archie Comics.

Time flies just like Counting Crows

August and Everything After 20-year milestone. Lead singer Adam Duritz reflects on his time in the band and highlights why independence is crucial in today's music industry

NED EHRBAR
Metro World News in Hollywood


Adam Duritz says the band doesn't want to profit from the 20-year anniversary. THE ASSOCIATED PRESS

Fair warning: This will probably make you feel old. The Counting Crows' debut album, August and Everything After, was released 20 years ago. Crazy, right? The anniversary has also snuck up on Counting Crows frontman Adam Duritz, who says there are no plans to cash in on the milestone. Instead, the band is looking forward, embarking on a summer tour across the U.S. with fellow '90s stalwarts the Wallflowers. Duritz took some time out to talk to Metro about looking back on those 20 years.

I can't believe it's been 20 years since August and Everything After came out.
For me it doesn't really seem like that either. I would probably not think about it being 20 years at all except that people keep saying it to me. I don't really look at it any differently than I do the other albums. It happened to sell a lot more, but that didn't have much to do with me. The job that we were going to do on the album was done long before anybody bought 10 million copies of it.

What sticks out in your memory of making that album?
It was a difficult album to make. It's sort of where I took over the band, and because I was lame at being a band leader back then, that made it hard on the other guys — because I didn't take over the band in the best way, and that made life really hard on everyone while we were making that record. Since then we've done a lot of years on buses and a lot of tours and made a lot of records I really love.

Any plans to celebrate the anniversary?
I'm waiting for something more significant, some sort of trumpet fanfare to make me realize it's been 20 years since that record came out. That really hasn't happened, partially because we didn't do anything to mark it. We did a deluxe album years ago and we did the live album, which was just all of August and Everything After played live, a couple of years ago, so there isn't really anything left to do other than make another 20-year release to get people's money for it. But we're not going to do that. There isn't any good reason to.

You guys were early adopters in using social media to connect with your fans.
I remember right when I moved to Los Angeles after we finished touring on August and Everything After — like 1995 — I realized at some point in there that AOL had forums for all these different bands, like message boards, and there were people on there on the Counting Crows board just talking about our music. So I went on it and told people who I was — it took a little while to convince people — and my thought was, here's a way to talk directly to your fan base. You don't have to go through radio, you don't have to go through print. I mean, all of those are useful, but it's kind of useful to be able to go yourself, too. I mean, it was social media in a way before there was social media. It never hurts to be able to go directly to people. It's necessary now, especially if you're going to be independent.

You've been pretty independent for a while. Considering the landscape of the music industry, could you ever see yourself going back to a big label?
I want to work with people who simply have a good business model, and the record companies' business model is not particularly good. They still can only think about selling things through radio and making really expensive videos and that's about it. Those things are all great, but there's more to it than that. And also, they want to give you 10 per cent and take 90, which I'm sorry that just doesn't seem smart to me.
THE ASSOCIATED PRESS

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50,000
40,000
30,000
20,000
10,000
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Keeping up with Khloe

Q&A. Lamar's wife talks about tuning out of tabloids and not buying into the Kardashian hype

Khloe and Lamar. AP PHOTO/INVISION

There's a lot of noise surrounding Khloe Kardashian Odom. She's frequently with members of her family, and they're not a quiet bunch. The family stars on the popular E! reality show Keeping up With the Kardashians, now in its eighth season. Khloe, Kim, sister Kourtney and their mom and Kris Jenner are subject to 24-7 tabloid, Internet and paparazzi attention. But Kardashian Odom makes a point of tuning out the media attention because she believes "it's really toxic."

"I don't get Google alerts," she said. "I don't need to be alerted to what I'm doing. That's just my personality.

"Once you start living in (that fame world), you can start believing it, and it's just so bad for you. That's not the real world. All of this one day will go away no matter who you are, and I need to be OK with who I am as myself and this doesn't make or break me. This is wonderful and I love this ride but I'm also so blessed without it as well."

In a recent interview, Kardashian Odom also talked about fame and whether TV viewers will see the return of the spinoff reality show Khloe & Lamar with her husband, Los Angeles Clippers forward Lamar Odom.

Do you look forward to the day when all the fame and attention are gone?
You always want what you don't have, and you have to be really careful what you wish for. I genuinely love what we do. When that day comes, it will give me more time to do other stuff but I'm not begging for that day to come. I'm content either way.

Will there be another season of Khloe & Lamar?
Yes, it will hopefully come back sooner (rather) than later. Lamar loves doing the show.

It's interesting that you and your sisters Kourtney and Kim have such a big family but you're all married to or in a relationship with only children. From what we see on the show, Kourtney's boyfriend, Scott Disick, sometimes needs his space. Lamar seems to embrace it more. What's Kanye West like?

How weird that we all are with only children. We've known Kanye for years, so he's known what our family is like. He definitely does his own thing. Scott works with us. Lamar is away a lot (with basketball), and Kanye has his own career. But, Kanye's there for holidays and all the stuff that matters.
THE ASSOCIATED PRESS

Scarlett Johansson. ALL PHOTOS GETTY IMAGES

What's in a name? A lot of money, apparently

Scarlett Johansson is suing over the use of her name in The First Thing We Look At, a French novel by Gregoire Delacourt, according to the Hollywood Reporter.

The book features a character first believed to be Johansson until it is later revealed she is a look-alike.

Johansson is seeking compensation and damages for "breach and fraudulent use of personal rights," and she's also seeking a ban on "future transfer of rights and adaptations of the book."

Delacourt, for his part, is "stunned" by the suit and says he chose Johansson for the story because she is the "epitome of beauty today."

Emma Watson

Watson not walking away

Emma Watson says she nearly gave up on show business after finishing up the Harry Potter series.

"I basically took two years out and stepped as far away from it as I could," she tells Total Film. "I mean, the Harry Potter films were still coming out, but I took time to really try and figure out who I was and what I wanted to do. I even considered not being an actress."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

George Takei mad at Twitter, everyone mad at Bieber

STARGAZING
Malene Arpe
scene@metronews.ca

George Takei urges his Twitter followers to "stop talking about Amanda Bynes" and instead read up on what's going on in Turkey. What? Lindsay Lohan is in Turkey?

Justin Bieber's neighbours in his gated community are reportedly fed up with his bad behaviour. They plan to have their servants picket his house and throw old gold at his cars.

A distraught Demi Moore is getting advice from an astrologer about her divorce from Ashton Kutcher. The astrologer told her that, seeing as Aries is rising in the Sun of late February, Demi should perhaps get some real help.

Benicio del Toro joins Marvel's Guardians Of The Universe. He will play an alien superhero whose secret power is to be really ugly and yet, undeniably, smoking hot.

Some source says that while Katy Perry and John Mayer are back together, they're "not putting a label on it." But only because they can't agree whether to go with "may contain certain heartbreak" or "expires as soon as someone more famous is available."

Taylor Swift is reportedly building a "special bedroom" for her touring partner Ed Sheeran in her mansion. Which explains the sad whimpers coming from the basement where she's keeping him until the room is finished.

Jada Pinkett Smith says she and Will Smith enjoy stopping at the 7-Eleven for ice cream. But not as much as they enjoy firing idiot assistants who come up with lame-ass quotes to make the Smiths appear like totally ordinary folks.

Russell Brand

Re-Branding his love life

Russell Brand has been spotted out and about in both L.A. and London with Alessandra Balazs, the 23-year-old daughter of hotelier Andre Balazs.

Alessandra has been dropping hints here and there that the pair may be dating, including a recent photo posted to Instagram of a stack of books that included Brand's memoir My Booky Wook. A source tells the Daily Mail that they are in fact quite serious.

"Russell and Alessandra have been quietly dating for months now and have even gone on holidays together," the source says. "They really are so cute together."

Elton John

Elton, don't dress gay. Now here, wear these leather boots and fur hat

Elton John's fashion choices are getting some unwelcome attention in the Russian city of Krasnodar, where he's set to perform a concert next month.

Mikhail Abramyan, of the group Communists of Russia, condemns John's wardrobe as "homosexual propaganda" and wants him to instead perform in the traditional Cassock uniform of a "knee-length caftan, a fur hat and leather boots," according to E! News.

Abramyan and his organization are threatening to protest the show if John doesn't comply.

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Let's go ride a bike

Welcome your kids to the wheel world

YummyMummyClub.ca CEO and avid Cadbury Bicycle Factory supporter Erica Ehm speaks to the unexpected education one can acquire on a bicycle.

What can young ones learn from getting on a bicycle for the first time this summer?
The first bike ride is a real bonding moment between parent and child. It's really their first big opportunity for independence. It's a very special moment. It can be tough for them at first — but it teaches persistence and fitness. It's a very important message to instill in your kids, that it's important to go out and play. METRO

In Africa, bicycles have a profound impact on students' lives. A bike can cut travel time to school by up to four hours a day.

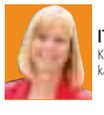
- The Cadbury Bicycle Factory is an initiative that has built more than 18,000 bicycles to help students in Africa get to school every day.
- By playing a free online game, kids can prompt Cadbury to continue to donate the individual parts that will make up a full bicycle for a student in need.
- Visit **thebicyclefactory.ca** to participate

Exclusively Online

How do you come up with so many ways to procrastinate bedtime? Follow along with the comedic (mis)adventures of mommyhood online at metronews.ca/voices

Want to be healthier? Juggle

New study. Our expert weighs in on a report claiming moms who work outside the home enjoy better mental and physical health



IT'S ALL RELATIVE
Kathy Buckworth, kathybuckworth.com

Women who have kids and work full time have been found to have better mental and physical health by 40. ISTOCK

A recent survey found women who worked full time outside the home after having children had better mental and physical health by age 40 than those who had not.

This has of course raised interest, as one might assume that working full time while managing a family would be more stressful, and stress is a known factor in contributing to mental and physical challenges.

It would appear that this isn't necessarily accurate. Why would this be?

Personally, I'm not entirely surprised by the findings. I think Albert Einstein had stay-at-home moms in mind when he defined the word "insanity" as "doing the same thing over and over again and expecting different results."

Have you ever been at home with young children? Have you tried to get them to clean up their rooms, pee into the toilet or stop hitting their sister?

No matter how many times they are told (clearly it is not "nagging" when it is simply giving them excellent advice), the outcome is often the same.

Nothing changes. At least not immediately, and not without years of bribing and threats.

Add to that the fact that my research (I drove around a bit) shows that there isn't a big list moms can carpool to at the end of the day in order to check off: a) continued successfully raising child, b) ensured food was edible and in good portion size and c) minimum health standards were met.

Many moms at home just don't get to feel that sense of accomplishment that comes with actually moving something forward and affecting change. Not in the short term, at any rate, and one of the most distressing things a parent of young children can hear from parents of older children is that it "never gets easy."

There's no such thing as a performance review when you're on the home front: except for the ones you get from snarly teenage girls who aren't necessarily focusing on your positive attributes, as the ones in a professional work environment might. Unless, "You suck" is now a good thing in the way that "that's so sick" has become. (I do try.)

The reward system for moms at home also leaves something to be desired. In that there really isn't one, except for the playground high fives you exchange with a friend when your kid wasn't the one kicking someone else off the slide.

Compare this to the workplace, where most employees can expect to be treated with a modicum of respect, have performance reviews which don't include door slamming (to be fair, there aren't any doors in most cubicles), and best of all, they get to take on new responsibilities with the positive achievement of old ones.

Being relieved at duties you've perfected is something moms at home never get to experience. Until the kids are the ones to leave home, that is.

KATHY'S NEW BOOK I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS IS AVAILABLE AT BOOKSTORES EVERYWHERE. FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH

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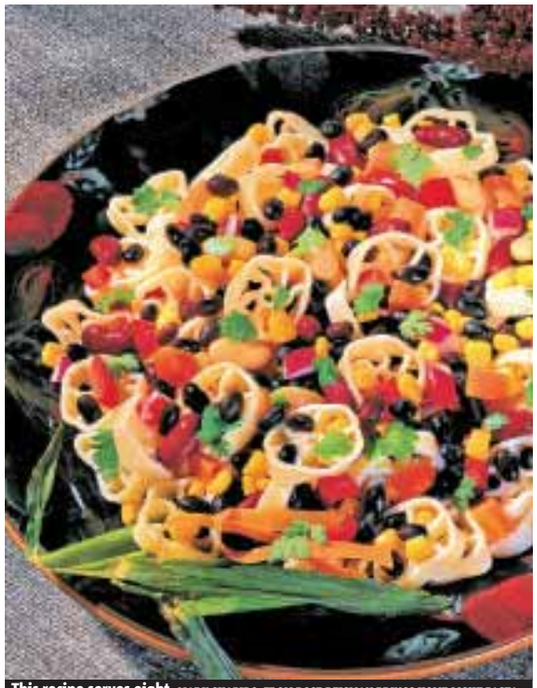
Search for: Ontario Problem Gambling Helpline on Facebook or @ConnexOntario on Twitter

Ontario

A dish just for the nibblers



This recipe serves eight. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE)

ROSE REISMAN
for more, visit
rosereisman.com or follow
her on twitter @rosereisman

This Corn and Three Bean Salad is a great summer pasta salad loaded with fibre and protein from the beans.

1. Cook pasta in boiling water according to package instructions or until firm to the bite. Rinse with cold water. Drain and place in serving bow.

2. In small skillet sprayed with vegetable oil sauté corn for 5 minutes just until slightly charred. Add to serving bowl.

3. Add all three beans, red peppers, carrots and onions.

4. Make the dressing: In bowl combine lemon juice, oil, vinegar, garlic and cilantro. Pour over dressing and toss.

ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE) BY ROSE REISMAN

Nutritional analysis

Per serving: 277 calories, 10 g protein, 7 g total fat, 0.6 g saturated fat, 46 g carbohydrates, 293 mg sodium, 0 mg cholesterol, 7 g fibre

Ingredients

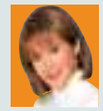
- 8 oz pasta wheels or small shell pasta
- 3/4 cup canned corn niblets, drained
- 1 cup canned black beans or chick peas, drained
- 3/4 cup each canned red and white kidney beans, drained
- 1 1/4 cups diced red peppers
- 3/4 cup diced carrots
- 1/2 cup diced red onions

Dressing

- 1/4 cup lemon juice
- 3 tbsp vegetable oil
- 3 tbsp white balsamic vinegar
- 2 tsp crushed garlic
- 1/2 cup chopped cilantro

Healthy eating

Choose it and lose it



ROSE REISMAN
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After you finish your seafood feast, it's only natural to check out the dessert menu. Steer clear of overindulging though.

Red Lobster warm chocolate lava cookie

1,070 calories / 51 g fat
Indulge once too often in this cookie with a molten chocolate centre, topped with vanilla ice cream and drizzled with chocolate sauce, and you'll pack on the pounds.

Equivalent

One Red Lobster warm chocolate lava cookie is equivalent in calories to 20 Oreo cookies.

Red Lobster New York style cheesecake

520 calories / 36 g fat
At half the calories and much less fat, you're still best to split this creamy cheesecake.

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Chewables
The Power of
PEPTO
now in your pocket.
Relief of heartburn, indigestion, nausea, upset stomach and diarrhea. To make sure this product is right for you, always read and follow indications.
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Kicking it off once the cap comes off

The parties, the pictures, and now, a profession? How to get your game face on after graduation

Graduating can be exciting ... and a little nerve-racking. Looking for job leads? Try networking with industry professionals. ISTOCK

For post-secondary graduates receiving degrees and diplomas in the weeks ahead, excitement over completing their programs may be tempered by the grim job landscape for Canada's young people.

The latest labour force survey from Statistics Canada revealed a decline of 19,000 jobs for youth aged 15 to 24 in April. The youth unemployment rate was at 14.5 per cent last month, little changed compared to a year earlier and more than double the national average. "When you see numbers like that, it can often give you the impression there really aren't many jobs available in your area," said Shirin Khamisa, a Toronto-based career counsellor and founder of Careers by Design.

"Be very realistic and realize there is a general climate where there are less jobs, but that doesn't mean you won't be able to secure a job that's right for you."

Khamisa and other experts share three ways for job-seeking grads to distinguish themselves in a competitive job market and work toward kick-starting their careers.

Build a network

Do you have any professional contacts in your area of study or field of expertise? If not, there's no time like the present to start making connections. Attending industry events, joining a professional umbrella organization or engaging with individuals working in the field to ask about key needs in their area — and how you can fill them — could help build your network, said Khamisa.

"That's the really powerful thing in a job search when it's a tighter market — to get that face time with people who are in the field you'd like to work in." Another good way to obtain information and build a network is through informal interviews, said Bruno Castilloux, manager of career services at the University of Ottawa. He suggested researching the company of interest to craft precise questions before calling to speak briefly with a representative to learn more.

Keep connected

While many people will be keen to "jump right into job-search mode," Khamisa said that's not the best way to start a relationship with a potential contact. Khamisa said the job search should be a time of exploration. It's often easier when individuals are initially seeking out information and learning about a particular industry and the needs of an organization before hunting for a specific position, she noted. "Reaching out and connecting takes courage ... and I guarantee you there will be times where people don't get back to you or are just too busy or aren't receptive," she said.

"But the magic happens when you persevere and you keep going. And eventually, you will connect with a group of people who will help you and support you as you move forward." Khamisa added she once had a client who developed 10 contacts through cold calling. She continued to keep in touch over several months and ended up getting three different job offers. Placing a phone call isn't just limited to maintaining professional contacts.

When individuals reach the stage where they're submitting applications, a followup call is another way to show initiative, said Danielle Bragge, a partner with The Headhunters, a Canadian recruitment firm. It doesn't have to be aggressive. The process can be as simple as an introduction, mentioning your interest in the opportunity you've applied for and highlighting three quick reasons you'd make a great addition to the team, Bragge said.

"When we do get those calls, I tell you, it takes the resumé from the bottom of the pile to the top of the pile." Bragge said while most resumés are directed to human resources, it's worthwhile to make the effort of placing the call. "It may not go anywhere, but it's the difference between great and ordinary. The thing that amazes me is how few people do that ... even your solid business professionals."

THE CANADIAN PRESS

Go digital

- **Many organizations use social networking sites like LinkedIn for recruitment purposes, but Khamisa said establishing an online profile can offer added benefits.**
- Beyond fostering connections, job seekers can be exposed to professional groups who convene online, she noted.
- In many fields, social media and other tech-related skills are becoming increasingly necessary for doing an effective job and working efficiently, Khamisa said.
- She recommended observing how others in the field are making use of digital tools as a key first step. Bragge said those with an existing online presence — such as a Facebook page — should ensure that they "clean up" their social media profiles because prospective bosses could be watching.

Don't give up!

"Be very realistic and realize there is a general climate where there are less jobs, but that doesn't mean you won't be able to secure a job that's right for you."

Shirin Khamisa
Career counsellor

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Alvarez turns some heads in brief visit to the big leagues

MLB. Tigers' emergency starter gets taste of victory before being sent back to minors

Jose Alvarez stood in front of his temporary locker in the Detroit clubhouse and answered questions with the same relaxed poise he showed on the mound.

"Tried to control the emotions the most I can," the 24-year-old left-hander said. "Trust myself. I was pretty happy, this outing in the big leagues."

Alvarez pitched six impressive innings in his major-league debut, making the most of a one-day audition with the Tigers in Sunday's 4-1 win over the Cleveland Indians. He was called up to make the start when Anibal Sanchez's shoulder acted up. Then after the game, Alvarez was sent back to the minors — but not before he impressed his manager, his teammates and a sellout crowd of 41,262.

"You certainly had to like his demeanour and his mound presence. I thought it was terrific," manager Jim Leyland said. "He didn't appear to be overwhelmed by anything. We kind of noticed that in spring training — this kid was pretty calm."

On Sunday

Tigers	Indians
4	1

Don Kelly hit a tiebreaking three-run homer in the sixth for the first-place Tigers, who completed a three-game sweep of Cleveland and lead the AL Central by five and a half games over the Indians. Alvarez (1-0) held Cleveland hitless until Ryan Raburn's fifth-inning homer. He allowed three hits and a walk and struck out seven.

Justin Masterson (8-5) allowed four runs in seven innings. He gave up a walk to Miguel Cabrera and a single to Prince Fielder to start the sixth. One out later, Kelly lifted a drive over the wall in right field.

Alvarez had thrown his last pitch by that point, but Kelly's hit made him the pitcher of record. "I can't believe it," Alvarez said. "My first outing and this guy gives me a good lead right after they take me out of the game." THE ASSOCIATED PRESS

Cleveland catcher Carlos Santana reaches for his mask as Miguel Cabrera, Prince Fielder and Don Kelly head home after Kelly's three-run home run in the sixth inning on Sunday in Detroit. CARLOS OSORIO/THE ASSOCIATED PRESS

Fleury still No. 1, says Pens coach Bylsma

Marc-Andre Fleury GETTY IMAGES

As the Pittsburgh Penguins embark on an off-season that figures to include significant changes, coach Dan Bylsma insists the goalie position won't be one of them.

Bylsma called Marc-Andre Fleury "a franchise goalie ... this franchise's goalie" on Sunday, one month to the day after Tomas Vokoun made his Penguins post-season debut as Pittsburgh's starter.

Fleury had started every Penguins playoff game since being taken with the No. 1 overall draft pick in 2003 until Bylsma opted to go with Vokoun for Game 5 of a first-round series against the New York Islanders, fuelling speculation he might be traded or bought out this summer.

Hoping for another chance

"I like it a lot here and don't want to go anywhere else."

Penguins goalie Marc-Andre Fleury

Not so, Bylsma said Sunday.

"Marc-Andre Fleury — I'm not sure the definition of 'franchise goalie,' (but) he's our No. 1 goalie," Bylsma said two days after the Boston Bruins completed a stunning sweep of the Penguins in the Eastern Conference final. "He's a No. 1 goalie for this franchise and he will be going forward." THE ASSOCIATED PRESS

NHL playoffs

Hawks-Bruins set up Original 6 final

The Chicago Blackhawks and Boston Bruins will face off in the first Stanley Cup final to feature two Original Six teams since 1979. Chicago ousted the Los Angeles Kings with a 4-3, Game 5 win Saturday. The final gets underway Wednesday in Chicago. THE ASSOCIATED PRESS

Basketball

Wiggins puts Team Canada on hold

Canadian phenom Andrew Wiggins won't be playing for the junior men's national team this summer. Wiggins, the frontrunner to go No. 1 overall in 2014's NBA draft, has decided to focus on his freshman season at the University of Kansas. TORSTAR NEWS SERVICE

Andrew Wiggins TORSTAR NEWS SERVICE

MLB

Rangers rally for win in Toronto

Adrian Beltre hit a tiebreaking homer in the seventh inning and David Murphy added a solo shot in the eighth as the Texas Rangers beat the Blue Jays 6-4 on Sunday. After spotting the Jays an early four-run lead, Texas scored the next six. THE CANADIAN PRESS

NASCAR

"Jimmie was in a league of his own."

Greg Biffle, who placed second behind Jimmie Johnson at Pocono Raceway on Sunday in Long Pond, Pa. The Sprint Cup points leader Johnson, who pulled away on the last two restarts over the final 10 laps, absolutely dominated Sunday for his third victory of the season.

4 SPORTS

Nadal eats up Ferrer for his 8th French Open title

Making history. Rafa lays claim as the only man with eight titles at any Grand Slam tournament

Rafael Nadal celebrates winning the French Open men's singles title over David Ferrer on Sunday in Paris. MATTHEW STOCKMAN/GETTY IMAGES

If Rafael Nadal truly was going to be challenged, if his bid for an unprecedented eighth French Open championship would be slowed even a bit, this might have been the moment.

Leading by a set and a break 70 minutes into Sunday's final against David Ferrer, another generally indefatigable Spaniard, Nadal faced four break points in one game. The last was a 31-stroke exchange, the match's longest, capped when Nadal absorbed Ferrer's strong backhand approach and transformed it into a cross-court backhand passing shot.

Ferrer glared at the ball as it flew past and landed in a corner, then smiled ruefully. What else was there to do? Dealing with Nadal's defence-to-offence on red clay is a thankless task. His rain-soaked 6-3, 6-2, 6-3 victory over Ferrer was Nadal's record 59th win in 60 matches at the French Open and made him the only man with eight titles at any Grand Slam tournament.

"I never like to compare years, but it's true that this year means something very special for me," Nadal said, alluding to the way he managed to come back from a left-knee injury that sidelined him for about seven months.

"When you have a period of time like I had," he added, "you realize that you don't know if you will have the chance to be back here with this trophy another time." THE ASSOCIATED PRESS

Serena's dominant year

Serena Williams won her 16th Grand Slam title and her first French Open championship since 2002 on Saturday, relentlessly chasing down one shot after another to defeat familiar foil Maria Sharapova 6-4, 6-4.

- Since losing in the first round in last year's French Open, Williams is 74-3, including titles at Wimbledon, the U.S. Open, the London Olympics and the season-ending WTA Championships.

Formula One. Vettel easily cruises to first win at Canadian Grand Prix

Sebastian Vettel wasn't losing any sleep over never having won the Canadian Grand Prix, but when he finally did it, he did it in style.

The triple world champion for the Red Bull team pulled out to a comfortable lead from pole position and was never threatened as he added the Canadian GP to his list of 29 career Formula One wins on Sunday afternoon.

The German, who has a commanding 36-point lead in drivers standings, took the checkered flag 14.4 seconds ahead of Ferrari ace Fernando Alonso, his closer pursuer on the track and in the standings.

"It is important to us, but I wasn't desperate to win here," said Vettel. "I think we had strong results in the past.

"It wasn't a shame coming in here not having won this race, so I wasn't desperate when I got up this morning, thinking 'I have to win, I have to win.' But I was very pleased because it's a very nice race."

Vettel raced nicely himself, winning for the third time this season. THE CANADIAN PRESS

Tragedy at the track

A race-track worker at the Canadian Grand Prix in Montreal was killed Sunday after being crushed by a crane shortly after the Formula One race ended.

- The Grand Prix's promoter said the man was escorting the crane as it moved a Sauber car that had gone off the track during the race.
- "The worker was helping to recover a car, which had stopped during the race," Matteo Bonciani, F1's head spokesman, said as he read a statement to reporters at Circuit Gilles Villeneuve.

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Horoscopes

♈ Aries
March 21 - April 20
Try to realize that not everyone thinks or feels the same way as you. A clash of viewpoints is likely today but it will only be a problem if you insist that you are right and others are wrong.

♉ Taurus
April 21 - May 21
You may prefer to stick with what you know and trust today rather than take a risk on something new. That's up to you, of course, but it's also a shame because a little bit of courage could change your life completely.

♊ Gemini
May 22 - June 21
Keep telling yourself that the changes now taking place are not nearly as bad as some people claim. As a matter of fact they could actually be beneficial, for you anyway, so make sure you have a positive attitude.

♋ Cancer
June 22 - July 23
You are not as conformist as some people think and what you do over the next few days will prove that fact several times over. Expect a bit of a backlash though.

♌ Leo
July 24 - Aug. 23
Try not to give too much away today, especially on the work front where knowledge is most definitely power. The less others know about what you are up to the more likely it is your efforts will be a success.

♍ Virgo
Aug. 24 - Sept. 23
For some reason you are a bit more aggressive than usual, which could lead to confrontations at home and at work.

♎ Libra
Sept. 24 - Oct. 23
It's time to get serious about your long-term aims and that means, inevitably, getting rid of certain short-term aims that eat up your time and your energy.

♏ Scorpio
Oct. 24 - Nov. 22
The planets will smooth your path as the new week begins and you will find it quite easy to get your way both in the professional sphere and in your private affairs.

♐ Sagittarius
Nov. 23 - Dec. 21
Try not to let little things annoy you today because if your temper gets the better of you there is no telling where it might lead. Whatever other people might say or do treat it all as a big joke.

♑ Capricorn
Dec. 22 - Jan. 20
If a commitment of some sort is not working out then maybe you should cut your losses and get out. It won't be easy but let common sense (and the contents of your wallet) guide you.

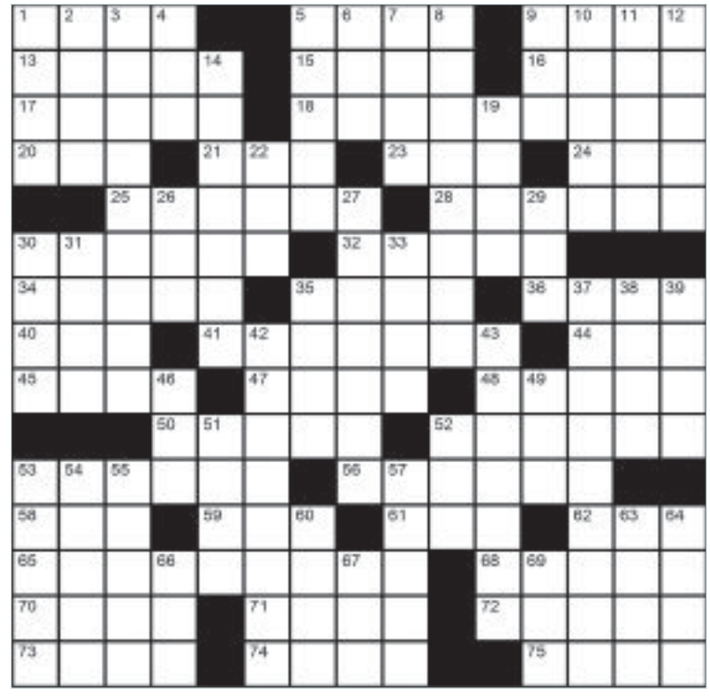
♒ Aquarius
Jan. 21 - Feb. 19
Some things can be put off indefinitely because they are not really important but you have been putting off something that MUST be forced through to a conclusion. Make this the week when you finally crack it.

♓ Pisces
Feb. 20 - March 20
Yes, all things are possible but don't get silly and change things for the sake of it today — chances are you will just have to change them back again later. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

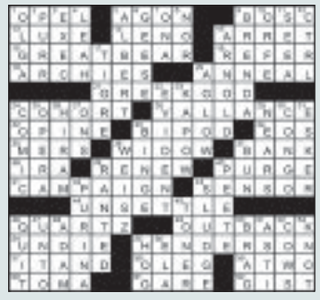
BY KELLY ANN BUCHANAN



Across
1. Uses the grill
5. __ carpet
9. Cheese variety
13. Trumpeter Mr. Armstrong
15. River of Spain
16. San __, Italy
17. "Witness" (1985) folk
18. Statue atop Manitoba's Legislative Building: 2 wds.
20. Cable channel, _ _ _ Canada
21. Jann Arden's "Could ___ Your Girl"
23. Liq. measures
24. Street: French
25. Northern Ontario city near the Manitoba border
28. Bestow
30. Liveliness
32. MTM part
34. Condescend
35. And others, commonly: 2 wds.
36. Mr. Knievel
40. Health supplements store
41. Become popular on YouTube: 2 wds.
44. Ms. Aariak, Premier of Nunavut
45. Gabs
47. Jerome of musicals
48. Robin Hood's need
50. Air Canada craft
52. Armed outlaws
53. King Arthur's nephew Knight
56. "The View" co-host Ms. Shepherd
58. Flurry
59. Ooh and __
61. Tavern order
62. Baseball's Mr. Dykstra
65. Motorcycle association: 2 wds.
68. Arcade Fire's "Neighborhood #2 (__)"
70. Sacred Buddhist peak
71. Opera song
72. Tend the fire
73. Mike __, Loverboy lead singer
74. Close
75. John Lennon's in-laws, The __

Down
1. Spill the beans
2. Tank in the ratings
3. Lotto Max option at purchase: 2 wds.
4. "__-boom-bah!"
5. American rocker Bob
6. "True Blood" network
7. Son of folk legend Woody
8. King Kong's monster foe
9. Sea eagle
10. Ms. Messing
11. Stevie Wonder's "My Cherie __"
12. "Invisible" by Brit singer Alison __
14. Glimmering
19. Carlisle Cullen's wife in 'Twilight' movies
22. Droid
26. Work unit
27. Outfits
29. Grand-__ (Acadian setting of Longfellow's Evangeline)
30. Uptight
31. Movie director, Dominic __
33. Tale
35. Fifty-fifty
37. Vivid red; or, town in central Alberta
38. Ancient celebrator's "Whoopee!"
39. __ bowling
42. Fruit/wine producing area of British Columbia, __ Valley
43. Honours
46. Ritzy resort
49. Time off, slang-style
51. Deceiver
52. Salon product
53. Hollywood legend Zsa Zsa
54. Not worth _ __ (Of no value)
55. Stirred from sleep
57. __ the Horrible
60. Animal of Aesop's
63. "Stay" by Rihanna feat. Mikky __
64. Scot's negatives
66. A-U separators (Vowels)
67. Winnipeg's Ms. Vardalos
69. From _ __ Z

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	4		9			3		
9			6					8
		6		3	5			9
		1		4	7			5
2			1	6		7		
8			5	9		4		
3					2			1
		2			4		7	

Friday's Sudoku

7	6	2	1	4	3	9	8	5
1	5	3	8	9	6	2	7	4
9	4	8	7	2	5	1	3	6
8	2	9	3	5	4	7	6	1
6	7	5	9	1	8	3	4	2
4	3	1	6	7	2	8	5	9
2	8	4	5	3	1	6	9	7
5	9	6	2	8	7	4	1	3
3	1	7	4	6	9	5	2	8

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